

Changes

STARTER

READING

1 Read the text quickly. Choose the best title.

- A Making difficult decisions B Managing change C Learning not to be afraid



A The only constant in life is change. We all have to face transitions, such as moving home, or the loss of a relative or friend. Very often, changes are caused by external factors and we have to accept them. Most of us resist change, because we feel secure in our world. Yet if change is inevitable, then we need some principles for dealing with the unexpected.

B First, recognize that your life is changing. Most people want to put their heads in the sand and hope that problems go away. This strategy may help in the short-term, but it never works in the long-term. It usually makes things worse by giving us less time to think. Instead, when change happens, it's best to face it head on.

C Honestly face your fears. Some adventurous people love the adventure of new situations. Others like their lives to be predictable. For these people, the idea of change produces fear. It's good to have a close relationship with another person who can share your worries and give you the encouragement you need to carry on.

D Think about who or what can help you. When problems come up, a key step is to evaluate the resources you have to help you manage the change. Depending on the situation, these could include friends and relatives, money, time or special skills.

E If you follow these basic principles, you'll become stronger and better prepared to face change the next time a new situation arises.

2 Read the text again and answer the questions in your own words.

1 Explain the sentence 'The only constant in life is change.'

2 Why do some people resist change?
That we will always have to face change.
Because they feel secure when things stay the same.

3 Explain the expression 'put their heads in the sand'.

Ignore a problem, pretend a problem doesn't exist.

4 According to the writer, what is the best way to react to change?

The writer says we should face up to change rather than trying to ignore it.

5 How can another person help you?

Another person can share your worries and give you encouragement.

6 How can these principles help you in the future?

You will be stronger and better prepared to face change.

3 Complete each pair of sentences with a word from the text.

Moving to a new school will be a big *change* in her life.
 We will have to *change* our strategy for dealing with the problem.

1 I could see from his *face* that he was worried.
 We have to *face* facts – it's a difficult situation.

2 I can't do this by myself – I need some *help*.
 Do you think you could *help* me solve this problem?

3 There is an urgent *need* for humanitarian assistance in the region.
 People in the affected region *need* food, water and medicine.

4 My *hope* is that he will pass all of his exams.
 I *hope* that you'll phone me the next time you're in trouble.

4 Find words or expressions in the text which match the definitions.

- 1 family member (paragraph A) *relative*
 2 safe (paragraph A) *secure*
 3 temporarily (paragraph B) *in the short-term*
 4 directly (paragraph B) *head on*
 5 support (paragraph C) *encouragement*
 6 continue (paragraph C) *carry on*
 7 abilities (paragraph D) *skills*
 8 appears (paragraph E) *arises*

GRAMMAR Present tenses

The present simple and continuous

1 Write sentences with the correct forms of the bold verbs.

(she / start) school at 8.30.
She starts school at 8.30.

1 Why (you / eat) a sandwich now? Dinner will be ready soon.
Why are you eating a sandwich now? Dinner will be ready soon.

2 (you / play) football every Saturday?
Do you play football every Saturday?

3 (your friend / come) too? Yes, just wait a minute for him.
Is your friend coming too? Yes, just wait a minute for him.

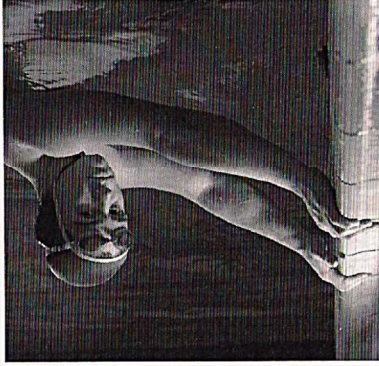
4 Where (your grandparents / live)? In Bilbao.
Where do your grandparents live? In Bilbao.

5 Please be quiet! (I / try) to listen to the news.
Please be quiet! I'm trying to listen to the news.

6 What (your mother / do)? She's a teacher.
What does your mother do? She's a teacher.

2 Complete the text with the present simple or present continuous forms of the verbs in the list.

be enjoy get live look sleep stay take train



Matt is (be) a student. He (1) *lives* with his parents in a flat in Badalona. He is also a champion swimmer. Every day he (2) *gets* up early and for 2 hours before going to school. This week he (4) *is taking* part in an international competition in Madrid, so he (5) *is staying* with some relatives there. He (6) *is enjoying* the experience of living in a different city, but he (7) *is looking* forward to going home. "I (8) *sleep* much better in my own bed," he says.

Stative verbs

3 Complete the sentences with the correct forms of the verbs in the list.

hate not believe not want own remember think understand

1 My uncle *owns* an apartment on the Costa Brava.

2 I *don't want* to get married too young.

3 Do *you understand* this sentence?

4 I'm sorry but I *don't believe* that it's true.

5 Maggie *remembers* where she left her file.

6 My dad *hates* Sundays.

7 What *are you thinking* about? The holidays?

4 Identify the six incorrect sentences and correct them.

I'm understanding what you mean.

Do you believe what he says?

Clothes cost a lot these days.

I prefering coffee to tea.

How are you knowing that is true?

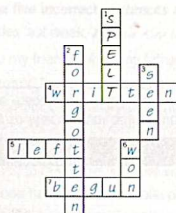
Why are you loving fast food restaurants?

What do you think of Coldplay's latest album?

Why do you love fast food restaurants?

The present perfect simple

- 5 Complete the crossword with the correct forms of the irregular verbs.



Across

- 4 I've only ... two pages - is that enough?
5 Oh no! I've ... my homework at home.
7 Have you ... your driving lessons yet? I started last week.
8 We've ... every match this season.

Down

- 1 You've ... my name wrong - 'Anna' has two 'n's.
2 My dad's ... to make my sandwiches. So I'm making them myself.
3 Have you ... *La Sombra del Viento*?
6 We've ... each other for three days.

- 6 Choose the correct alternatives.

- 1 Do you hear / Are you hearing / **Have you heard** the news?
2 I'm sorry, I **don't speak** / 'm not speaking / haven't spoken your language.
3 Peter **don't phone** / isn't phoning / **hasn't phoned** Katia yet.
4 I can't stop to talk now - I go home / **'m going home** / have gone home.
5 Marco lives / is living / **has lived** here since he was twelve.
6 Do you have / Are you having / **Have you had** lunch yet?
7 Julio **likes** / is liking / has liked playing tennis every day.
8 **Have they eaten** / Are they eating / Do they eat there before?

- 7 Complete the sentences with the correct forms of the verbs in the list. Use the past simple or the present perfect.

want catch not do leave know meet read
go not go watch

- 1 I **read** a good book when I was on holiday.
2 My mum **has been** to New York twice, but she **hasn't been** to Miami.
3 I **have wanted** to be a teacher since I was 5 years old.
4 My brother **hasn't done** his homework yet, but he **has watched** TV.
5 They **caught** the train at 10 o'clock last night.
6 **Did** you **leave** school when you were sixteen?
7 Santi **met** Linda three days ago. They **have known** each other for three days.

- 8 Identify the five incorrect sentences and correct them.

- 1 How long do you know your best friend?
2 I am here since ten o'clock this morning.
3 How long have you been at this school?
4 I am living in this town all my life.
5 She's worked there for fifteen years.
6 I don't have this phone for long - only two weeks.
7 He lives here for two years.

- 1 **How long have you known your best friend?**
2 **I've been here since ten o'clock this morning.**
3 **I've lived in this town all my life.**
4 **I haven't had this phone for long - only two weeks.**
5 **He's lived here for two years.**

for or since

- 9 Complete the sentences with *for* or *since*.

- 1 I've had a bicycle **since** I was five years old.
2 It hasn't rained **for** two months.
3 We've been waiting **for** nearly an hour.
4 I've been studying English **for** five years.
5 I've lived here **since** 2006.
6 I haven't spoken to Dan **since** last Saturday.
7 Tina's been sending text messages **for** the last 20 minutes.
8 We've known each other **since** last May.

- 10 Combine the two sentences using the present perfect simple or continuous and *for* or *since*.

I have these jeans. I bought them last January.
I've had these jeans **since last January**.

- 1 I know Maria. I met her three years ago.
I've known Maria for three years.
2 Ona lives in Oviedo. She moved there when she was five.
Ona has lived in Oviedo since she was five.
3 Jared plays the electric guitar. He started four years ago.
Jared has been playing the electric guitar for four years.
4 Ellie is reading that book. She started it last Sunday.
Ellie has been reading that book since last Sunday.
5 Kieran works at the sandwich shop. He began six months ago.
Kieran has worked / been working at the sandwich shop for six months.
6 My friend is studying Chinese. She began in September.
My friend has been studying Chinese since September.

still, yet, just and already

- 11 Complete the sentences with *still*, *yet*, *just* or *already*.

- 1 I haven't finished my homework **yet**. I'll do it tonight.
2 We're **still** waiting for the teacher to give us the results.
3 Bea had **already** seen the film twice so we went for a pizza instead.
4 You want another piece of cake! You've **just / already** eaten three slices!
5 I've **just** made some coffee. Would you like some?
6 Haven't you phoned Lola **yet**? I thought you'd **just** called her.
7 I'd **just** sat down to watch the final when my Dad asked me to help him.
8 She **still** hasn't bought anything to wear and the party's tomorrow.

Consolidate

- 12 Rearrange the words and phrases to make sentences. There is one word in each sentence that is unnecessary. yet / her phone number / has Ana / still / given you? **Has Ana given you her phone number yet? still**

- 1 my parents / yet / haven't booked / their holidays / just.
My parents haven't booked their holidays yet.
2 yet / the government / passed / just / has / a new law.
The government has just passed a new law.
3 she / broken up / told me / still / already / with him / that she'd.
She told me that she'd already broken up with him.
4 got that / you've / that I lent you / still / tennis racket / already.
You've still got that tennis racket that I lent you.
5 she / still / hasn't taken / that book / to the library / just.
She still hasn't taken that book to the library.
6 to go out / made plans / I've / on Friday / already / yet.
I've already made plans to go out on Friday.